



# Women on Weights



Lehi Legacy Center  
123 N Center St.  
801-768-7124  
www.lehi-ut.gov

## LEHI LEGACY CENTER WOMEN ON WEIGHTS 2010

*Are you looking for a way to get into shape?  
Sign up at the Legacy Center Now!*

In this three month course many ideas of strength training will be learned so that you can tailor your workouts. Fitness assessments will be done at the beginning and the end of the session to chart progress. This class will include body fat testing, measurements, and a nutritional printout.

**\*NO REFUNDS**



### ×QUICK FACTS

What..... Weight Training  
Where..... Legacy Center Weight Room  
Who..... Legacy Members Only  
Sessions ..... **2010 WOW Schedule**  
                            **Session III Tues & TH 9:30-10:30am (Reg. begins**  
                            **for III & IV June 7<sup>th</sup>)**  
                            Sept 2<sup>nd</sup> thru Nov 23<sup>rd</sup>  
                            **Session IV Mon & Wed 8-9pm**  
                            Sept 1<sup>st</sup> thru Nov 24<sup>th</sup> No Class Sept 6<sup>th</sup>  
Fee..... \$135 for each session (non-refundable)  
                            \$115 (resident discount) for each session (non-refund.)

### REGISTRATION

See above for starting registration dates  
Registration Office open Mon-Fri from 8am-6pm

### INFORMATION

For more information call Legacy Front Desk at 801-768-7124